



**Saturday, October 18, 2014 • BCC**

**5K Trail Run – 10:00 AM**

**CASH PRIZES TO THE MALE AND FEMALE TOP THREE FINISHERS OVERALL!**

The top three male and female finishers in each age category will be recognized.

FREE long-sleeved technical T-shirt to the first 150 5K registered. Men's & Women's sizes!

Registration: 5K \$20 by Oct. 15<sup>th</sup>, \$25 on Race Day.

**Pre-registration closes October 15<sup>th</sup> at 4 PM.** After that, registration will only be on Race Day.

Race Day registration and packet pickup 8:30 – 9:30 AM at BCC's Paterson Field House.

**Register online at [www.berkshirecc.edu/harvestrun](http://www.berkshirecc.edu/harvestrun)**

ALL PROCEEDS BENEFIT THE BERKSHIRE COMMUNITY COLLEGE NURSING PROGRAM

5K Registration

Name (please print): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Age Category:  15 & under  16 - 19  20 - 29  30 - 39  40 - 49  50 - 59  60 and over

Male  Female T-shirt size:  S  M  L  XL

Please make checks payable to the **BCC Foundation**. Mail registration to:

Ann Phillips, BCC Foundation, 1350 West Street, Room F-232, Pittsfield, MA 01201. 413-236-2185

*I release all of the sponsors and organizers of this race from all liability should I suffer any harm from participation in this race. I am physically fit and have prepared for this race and understand the risks involved. I also understand that the race may be canceled if unsafe conditions exist at race time and that no refunds will be made.*

Signature: \_\_\_\_\_ Parent or Guardian if under 18 \_\_\_\_\_

NOTE: spikes are not recommended, as part of the run is on pavement.

**Directions**

**From the North (Rte. 7 or 8), South (Rte. 7 or 20), East (Rte. 9):** follow to Park Square in downtown Pittsfield. From Park Square follow West Street down the hill, Crowne Plaza will be on your left. Go straight through a set of lights, Big Y will be on your right. Turn left at the stop sign. BCC's Paterson Field House is 3 miles on the left.

**From the West:**

Follow Route 20 into Massachusetts. Three miles past Hancock Shaker Village, turn left onto Hungerford Street. Bear left under the railroad overpass on Forthill Avenue. Turn left at the stop sign onto West Street. BCC's Paterson Field House is 1/2 mile on the left.

